

**Sandpoint West Athletic Club presents**  
**PUMPKIN POWER MEET**  
**Saturday, November 13, 2010**

**Date/Times:** Saturday, November 13, 2010. Warm-up starts at **9:00**, and the meet starts at **10:00 a.m.**

**Location:** Sandpoint West Athletic Club, 1905 Pine St., Sandpoint, ID. The facility houses a 25 meter, 6 lane pool with locker rooms.

**Sponsor:** Sandpoint West Athletic Club Masters of the Hydropower Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming, Inc. (USMS): sanction number 03501113.

**Eligibility:** All swimmers must be currently registered with USMS (or FINA affiliates). Registrations can be completed online at [www.usms.org/reg](http://www.usms.org/reg) or at the meet.

**Rules:** All current USMS rules will apply. Certified stroke and turn judge will be present. Please consult the 2010 USMS Rulebook for proper stroke and turn rules (online at [www.usms.org/rules/](http://www.usms.org/rules/).) Events will be seeded from slow to fast.

**Conduct of the meet:** Each participant may swim five individual and three relay events.

**Deadlines:** All early entries must be postmarked by November 6, 2010. Incomplete or late entries will be treated as "deck entries". **All deck entries must be in before 9:00a.m. for timely seeding of the meet.** Relays are due by 10:00 a.m.

**Fees:** \$20 for entries sent before November 6; \$30 for "deck entries." Make checks payable to IWMSC. Cash will not be accepted with entry forms or at the meet.

**Relays:** Submit relay cards to the clerk of course by 10:00 a.m. Individuals must be signed up with the club they represent in order to have their relay points count for that club. Age groups will be aggregate age of the swimmers: 72-99, 100-119, 120-159, 160-199, etc. 40 year increments as high as necessary.

**Awards:** First-third place ribbons will be available free of charge.

**Directions:** Follow Hwy 95 north into Sandpoint to the traffic light at 5<sup>th</sup> and Cedar. Continue west on Cedar ~9 blocks to Division St. Turn left, then go 3 blocks to Pine St. Turn right and go ~1/3 mile to Sandpoint West Athletic Club (1905 Pine St.).

Postmarked by: November 6, 2010  
 Mail Entries to: Robin Helm  
 1195 West Oden Bay Rd.  
 Sandpoint, ID 83864  
 Entry fee: \$20.00 prior to November 6  
 \$30.00 for deck entries  
 Checks payable to: IWMSC

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Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ USMS # \_\_\_\_\_ Club/Team \_\_\_\_\_

Please enter events using Meter seed times (NT if none) • Maximum of 5 Individual Events (3 Relay Events entered at meet)

- |  |                                       |                                     |
|--|---------------------------------------|-------------------------------------|
| 1) 400 M Ind. Medley _____                 | 6) 200 M Backstroke _____             | 14a) 200 M Medley relay _____       |
| 2) 800 M Freestyle _____                   | 7) 50 M Butterfly _____               | 14b) 200 M Mixed Medley relay _____ |
| <b>Second Warm-up at Approx. 10:45 a.m</b> | 8) 200 M Ind. Medley _____            |                                     |
|  | 9a) 400 M Freestyle Relay _____       |                                     |
|  | 9b) 400 M Mixed Freestyle Relay _____ | <b>10 Minute Break</b>              |
| 3a) 200 M Freestyle Relay _____            | <b>10 Minute Break</b>                | 15) 200 M Freestyle _____           |
| 3b) 200 M Mixed Freestyle Relay _____      |                                       | 16) 50 M Breaststroke _____         |
| <b>10 Minute Break</b>                     | 10) 100 M Freestyle _____             | 17) 100 M Backstroke _____          |
|  | 11) 200 M Breaststroke _____          | 18) 200 M Butterfly _____           |
| 4) 50 M Freestyle _____                    | 12) 50 M Backstroke _____             | 19) 100 M Ind. Medley _____         |
| 5) 100 M Breaststroke _____                | 13) 100 M Butterfly _____             | 20) 400 M Freestyle _____           |

RELEASE OF LIABILITY BY PARTICIPANT: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS Swimming.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_